



## BASIC INFORMATION

### DESCRIPTION

Increased blood levels of bilirubin (a yellow chemical by-product of red-blood-cell breakdown). This is not a disease; rather it is a normal variant and is usually an incidental finding of routine testing. It affects both sexes and all ages, but is most common in men. It is present from birth, but symptoms may not be apparent until ages 20-40.

### FREQUENT SIGNS AND SYMPTOMS

- Usually there are no symptoms.
- Rarely, a slight jaundice (yellow skin and eyes), tiredness, appetite loss, or upper abdominal pain may occur.

### CAUSES

The liver is inefficient in changing bilirubin to bile, leaving above-normal levels of bilirubin in the blood. If blood levels are high enough, jaundice may appear. Any liver abnormality associated with this disorder is minor.

### RISK INCREASES WITH

None known; sufferers are otherwise healthy.

### PREVENTIVE MEASURES

No specific preventive measures.

### EXPECTED OUTCOMES

The condition is harmless.

### POSSIBLE COMPLICATIONS

No known complications.



## TREATMENT

### GENERAL MEASURES

- Laboratory blood studies of bilirubin and liver function.
- Usually no treatment is necessary.
- If you or others notice a yellowing of your eyes or skin (it may seem like a good suntan), seek medical advice for a diagnosis. Some more serious conditions also begin with mild jaundice.

### MEDICATIONS

Medicine is not necessary for this disorder.

### ACTIVITY

No restrictions.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

You or anyone else thinks your skin looks a bit yellow.